



Sesame Street's
success is as easy
as 1-2-3

page 2

Cloudy with a chance of
seasonal depression

page 8



May 4, 2004 • Volume 74 • Issue 8 • Shaker Heights High School • 15911 Aldersyde Drive • Shaker Heights, Ohio 44120

Does this club cross the line?

• Student Council hears complaints about Students for God's message

By JASON PLAUTZ
CENTERPIECE EDITOR

Students for God, a Christian group that meets in the high school, has been at the center of a recent controversy over the club's name.

At the April 6 Student Council meeting, sophomores Morgan Grossman-McKee, Matt Herzfeld and David Kohn came to protest the group's method of advertising, especially the religious connotations of its announcements. One of their specific concerns was the sub-name of



Kohn

the group: "A Christian Organization."

"It implied that to be for God, you had to be Christian," Herzfeld said. Herzfeld, an atheist, said his beliefs affect his sentiments, but he has legal concerns too. Kohn, who is Jewish, feels similarly, adding that the ads, which he deemed "proselytizing," express opinions, not facts about the club. The third student, Grossman-McKee, describes himself as a "strong atheist."

The Students for God creed reiterates their Christian roots. It begins "As ambassadors of Christ, placed by God on the campus of Shaker Heights High School, we affirm our faith in God and our commitment to

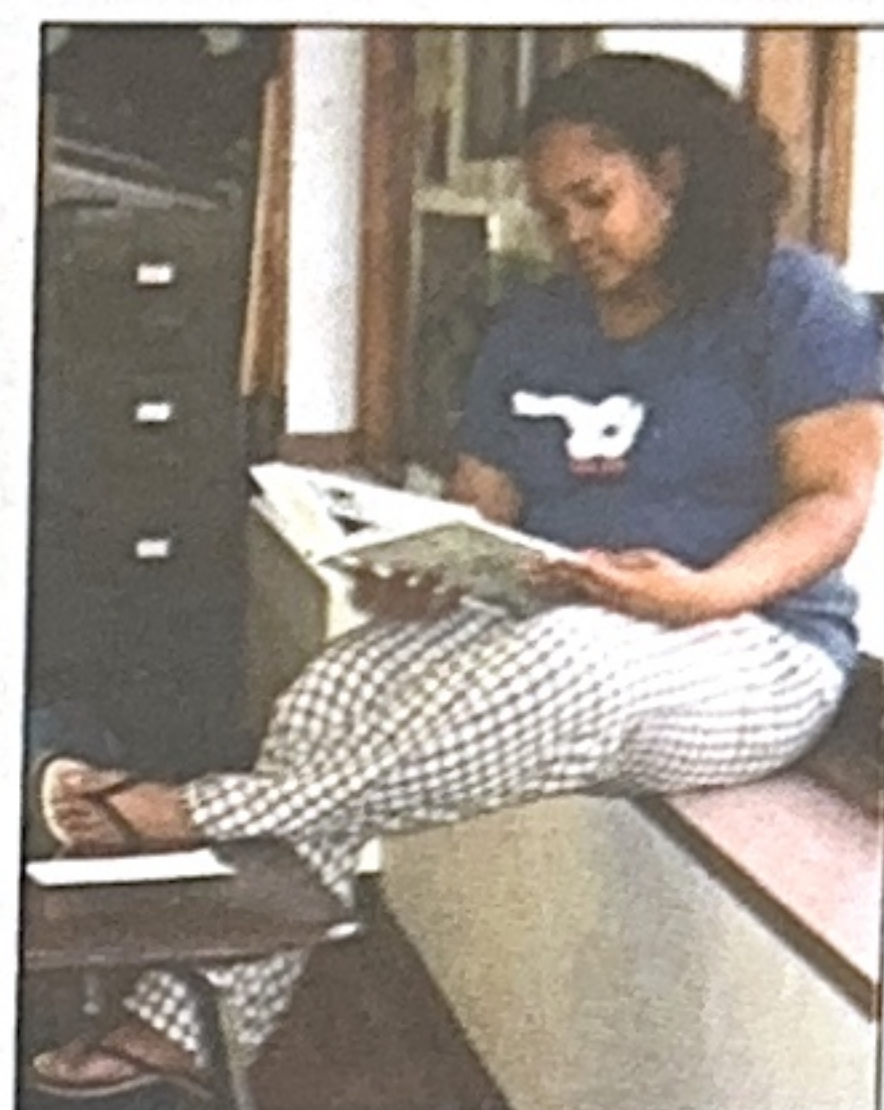
the mission to which He has called us." Club president Andrea Martin, a junior, described it as a "non-denominational Christian group for students to learn more about Christianity."

The three sophomores feel that the club's announcements alienate non-Christian students and violate freedoms of speech and religion.

"I want student free speech to be protected, but I also want protection of the listener," said Kohn. "The announcements are imposed on us... it's not like I can just get up and leave the class."

The protestors requested the school make two moves to address their concerns. First, they asked that

SEE PROTEST, PAGE 3



Jon Stange • THE SHAKERITE

STUDENTS FOR GOD President Andrea Martin calls the club a "non-denominational Christian group for students to learn more about Christianity." But three students feel the club's announcements are proselytizing and have raised complaints to Student Council.

A NEW ROLE AWAITS

• After 25 years playing the lead in Shaker theater's evolution, James Thornton will step down and return in a supporting role



By ANNA HUTT
COPY EDITOR

Sixteen Broadway shows since 1990, including "Rent," "Hair," "Miss Saigon," "Lion King," and the new production "Wicked," have boasted actors who can point to one man as the inspiration in their theater careers: James Thornton.

After 25 years at the high school, during which he virtually created the prestigious Shaker Theater Arts Department, Thornton will retire in June.

"He's more of a college professor or a mentor," said junior Hannah Corrigan, who is involved in Shaker Theater and Senior Ensemble and has worked with Thornton for three years.

SEE THORNTON, PAGE 12



Dan Snider • THE SHAKERITE

Listing issues

• Students differ on publishing decision

By KELLY SCHAEFER
PUSLE EDITOR

It's decision time. Not only must seniors choose what to do after high school, but also whether to publicize these plans in *The Shakerite*.

Although outgoing senior editors won't decide whether to publish the list until early May, justification for and against the publication of the list is already circulating.

The principal reason last year's senior editors opted not to publish the list included a belief that the list places too much pressure on students about their post-graduation plans. National newspaper articles outlining the obsessive actions of both students and parents in the fervor of college applications echoed concerns over the degree of admissions hype in Shaker and in the

SEE LIST, PAGE 10

“People already have preconceived notions of how smart people are and use the list to judge people about how smart they are.”

Colleen Williams
senior

Charity on ice

• Powder puff hockey game raises \$800

By DAVID O'CONNELL
SPORTS EDITOR

The rough and tough powder puff challenge was a comical clash between hockey varsities and wannabes.

The April 17 event allowed students to participate in a non-aggressive exhibition hockey game, giving them a taste of what it's like to be on the varsity squad. All ticket sale proceeds went to the Make-A-Wish foundation. Senior Kristen Owen scheduled meetings, practice times and game times for the teams.

“The organization worked really

SEE HOCKEY, PAGE 15

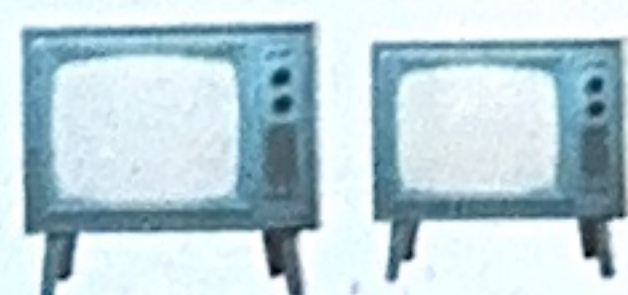
“This is an excellent opportunity for fans that supported us to actually see what the game is like.”

Joe Simon
Assistant Hockey Coach

On
the
Line

Do you watch a reality TV show on a regular basis?

Yes • 57%



No • 43%

Do you believe reality TV is good for society?

Yes • 57%



No • 43%

Would you consider appearing on a reality TV show?

Yes • 51%



No • 49%

Scientific poll of 77 students with a margin of error +/- 11 percent. Shakerite staff members telephoned students.



• Sesame Street has been visited by political figures such as U.N. Secretary-General Kofi Annan, First Lady Laura Bush, Sen. Hillary Rodham Clinton and presidential candidate Ralph Nader.

• In 1996, 1 million Tickle Me Elmo dolls were sold, grossing \$30 million for Tyco.

After 35 years, can you tell me how to get, how to get to...

• Snuffleupagus' first name is Aloysius.

123 SESAME STREET

(c) 2004 Sesame Workshop. "Sesame Street" and its logo are trademarks of Sesame Workshop. All rights reserved.

What did you learn from Sesame Street?

Shakerite SPEAKS



Colin Murphy, 11 "The Count prepared me for calculus."



Carter Wang, 9 "I learned Elmo's song."

Sarah Ledford, 10 "I learned to be nice because Oscar the Grouch was mean."



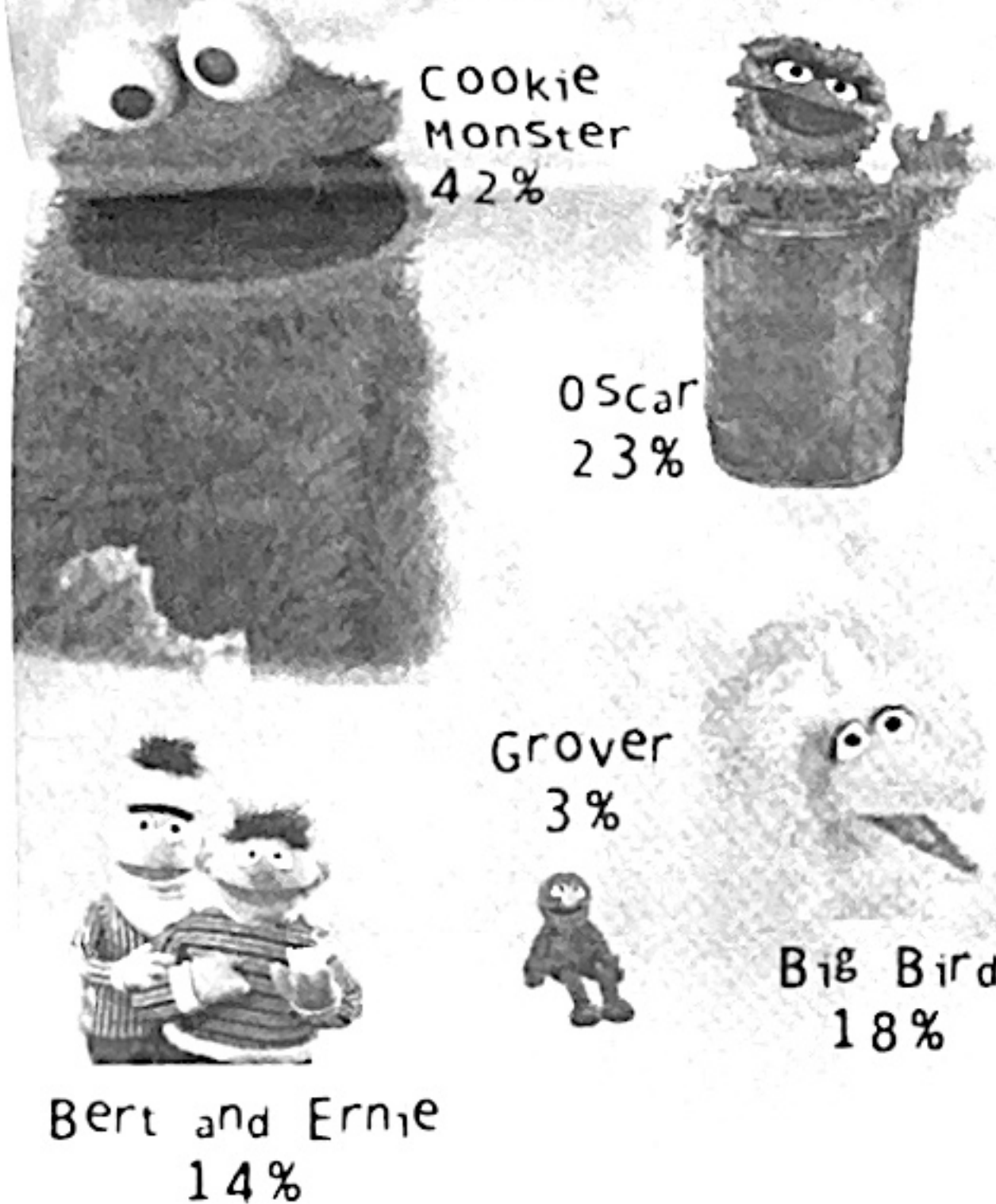
Brianna Lumpkin, 11 "I learned my ABCs and how to make friends."



• Sesame Street first aired on Nov. 10, 1969 on the National Education TV Network. In its 36 seasons, Children's Television Workshop has filmed more than 4,000 episodes for the Public Broadcasting System.

Source: wikipedia.com, findarticles.com

Who is your favorite Sesame Street character?



Scientific poll of 77 students with a margin of error +/- 11 percent. Shakerite classes telephoned students.

Learning to read, write and tolerate others

By WILL WEMER
EDITOR IN CHIEF

Sesame Street was brought to you today by the letters A, B, the number 4 and the notion of tolerance.

Since its inception 35 years ago, the characters and storylines on Sesame Street have been teaching children, both directly and indirectly, the importance of tolerance and acceptance in society.

According to TvTome.com, the show was originally created to appeal to urban youth who would normally not have access to educational material. Yet, the diverse population on Sesame Street, which from its inception included a Latino family (the Rodriguezes), and an African-American family (the Robinsons), gives children who live in less diverse parts of the country exposure to multicultural characters.

Social studies teacher Kim



Rosita

Owens, who "watched lots of Sesame Street" as a kid, said that integration seen on the show helps to create a more tolerant society.

"Growing up in middle Michigan, the environment was fairly segregated, and I've always had a strong belief that exposure to individuals that are different than you leads to understanding which leads to tolerance," Owens said.

Sesame Street also teaches tolerance of immigrants, especially those from Spanish-speaking countries. The show has consistently featured a segment that teaches kids how to count to 10 in Spanish.

Junior Jamie Breese, who is now in Spanish IV, credits Sesame Street for launching her Spanish education. "I learned everything from Sesame Street," Breese said. "It exposed me to other cultures at an early age."

Through characters such as Rosita, who moved to Sesame

Street from Mexico, the show positively portrays cultural differences. Rosita teaches viewers a daily Spanish word and displays her affection for her friends through warm hugs and kisses, more common in Latino culture than in American culture. In May 2002, the show's writers created an episode in which Rosita first rejects then accepts her accent.

The Latino community has embraced Rosita as one of its own. In 2003, Rosita was a presenter at the Hispanic Heritage Awards, and Rosita's image has been used by the National Safety Council to educate Spanish-speaking families about lead poisoning as part of the Sesame Street Lead Away! Project.

Owens believes Sesame Street's multi-cultural picture is important.

"In areas that lack true diversity," said Owens, "programs with a hidden curriculum of teaching tolerance are very beneficial."

RECYCLE THE SHAKERITE OR THE TREE DIES!



Shakerite

Volume 74 • Issue 8
2004 Editorial Board
of The Shakerite.
All rights reserved.

Becca Bonthius*
Will Wemer*
EDITORS IN CHIEF

David Morgenstern
UP FRONT EDITOR

Betty Elee
Emily Grannis
NEWS EDITOR

Kyan Safavi*
Matt Seidner*
OPINION EDITORS

Marguerite Moore
Jason Plautz
CENTERPIECE EDITORS

Emily Ozan
Kelly Schaefer
PULSE EDITORS

Alex Buder Shapiro
December Kinney
ARTS EDITORS

David O'Connell
Meagan Steiner
SPORTS EDITORS

Aviva Ariel
Renee Frantz
FOCUS EDITORS

Anna Hutt
Lauren Weiss
COPY EDITORS

Owen Heary*
WEB EDITOR

Abby Hexter
BUSINESS MANAGER

Hilry Hazelwood
Jon Stange
PHOTO EDITORS

Allie Jennings
DESIGN EDITOR

Amy Silver
ART EDITOR

Natalie Sekicky
ADVISER

reporters.

Dan Barach, Andy
Cameron, Allen Eckhouse
Adam Weinstein

photo staff.

Dan Snider

artists.

Tyler Naugle, Allison
Vitkus

* Denotes Editorial
Board Member

letters.

Letters to the editor must be signed and may not exceed 300 words. Letters, subscription and advertising inquiries should be delivered to The Shakerite office in Room 229, or mailed to: The Shakerite, 15911 Aldersyde Drive, Shaker Heights, Ohio 44120. The Shakerite reserves the right to reject or edit any letter to the editor.

disclaimer

Opinions expressed in The Shakerite articles are those of their respective authors, and do not represent the views of The Shakerite, Shaker Heights High School or the Shaker Heights City School District. The "Rite Idea" presents the views of the editorial board; however, it may not reflect the opinion of The Shakerite staff. Asterisks denote members of the editorial board. The Shakerite is a public forum published eight times a year for and by students of Shaker Heights High School. Readers may reach The Shakerite at 216.295.4246.

Thousands of students can't be wrong!

Mr. Overbeke's
School of Driving



"He actually taught us important things about driving!"

"The information sticks because you make it interesting and fun."

"Driving class is cool."

"I had a lot of fun and learned at the same time!"

"Mr. Overbeke, this class was A-OK!"

"This course was amazing!"

"I looked forward to coming to class!"

- Evening classes meet at Orange High School
- On-the-road training
- Guest experts addressing law enforcement and the teen driver
- Classes starting monthly

Convenient registration by phone

25000 Chapel Blvd., Suite 310
Beachwood, Ohio 44122

216-765-0600

On patrol with Pops

Every morning, students feel safe on the way to school, knowing there is an experienced law enforcement officer cruising around, keeping the learning environment in check. Despite his eccentricities, Pops has been a favorite of the high school community for 11 years. The Shakerite recently asked him about his experience at Shaker.

Q What's your real name?

A "Terry Lynch. But I prefer to be called 'Pops.'"

What do you think Pops' real name is?

HELLO
my name is

Mr. Lynch (correct answer) 3%
Wrong answer 1%
Don't know 70%
Who is Pops? 26%

Q What are your responsibilities?

A "My main responsibility is to guide you young people . . . I want you to be able to go out in the real world," he said. "I'm trying to be like a dad to all of you." In this effort, Pops said he has to be in constant contact with local police.

Q What do you think of the students here?

A "This has been my best year here. As far as this business of growing and yelling, that's me. If I didn't care for you, I wouldn't yell at you."



Q What's in your car?

A "You want to see inside the trunk?" A look inside the trunk revealed: police radios, stuffed animals, golf clubs, cones, oil, carpet, signs, hangers, window-washing fluid, a battery with jumper cables, a shovel, cleaning rags, dog biscuits and issues of The Shakerite.

Q Why do you have stuffed animals in your car?

A "I need company here in the trenches all day. They're my partners."

Q What do you think of the high school?

A "I'm not as in favor for the open campus as I was before. Personally, from a security standpoint, I'd rather have a controlled campus."

Q What's your position at the school?

A "District Safety Officer."

What do you think is Pops' position at the school?

46%
security guard



29%
Retired
POLICE
OFFICER

25%
random guy
in a car

Scientific poll of 77 students with a margin of error +/- 11 percent. Shakerite classes telephoned students.

Compiled by Emily Grannis and Owen Heary
Photo by Jon Stange

Student held in shooting death

By BETTY ELEE
NEWS EDITOR

Junior Milton Dixon is a suspect in the March 19 death of 19-year-old Donta Steward of Cleveland. Steward died from a single shotgun blast.

Seven Cleveland police officers reported to East 110th Street at approximately 8:59 p.m. and found Terrance Wright (18), Dixon (19) and two juveniles. Police arrested Dixon and Wright, who is not a Shaker student. Dixon is being held at the Justice Center and he talked to his parents about the incident.

"The phones are tapped [at the Justice Center]," said Able Dixon, Milton's father. The family's lawyer, Fernando Mack, advised Dixon's parents not to speak about the case because the investigation is ongoing. Mack was not available for comment as of press time.

According to Dixon's assistant principal, Dr. Neil Glazer, school policy dictates that the student's assistant principal, guidance counselor or principal may

call the family to express their support.

"Just because someone gets in trouble doesn't mean we divorce ourselves from them," Glazer said.

Decisions to share details with the school community depend on the family's wishes and whether the event is widely known.

However, Director of Communications Peggy Caldwell said she hasn't received inquiries about Dixon's situation. She also noted that the district would not be issuing an official statement.

Freshman Ashley Robinson described Dixon as "a really loud, goofy, cool person."

"I heard that he didn't do it," Robinson said.

According to the police report, charges of non-negligent aggravated murder may be brought against the alleged culprit(s). The charge carries a maximum of the death penalty or a minimum of 20 years to life in addition to monetary fines of \$25,000 to \$1 million for trial expenses.

the
News
Desk

War is hell,
soldier says

First Lt. David Sattelmeyer, a Benedictine graduate, spoke to history classes April 15. After spending one year in Iraq serving with the military police as a platoon leader and battle captain, Sattelmeyer told Jed Wolpaw's and Tim Mitchell's students about his duties, which included training the new Iraqi police force, controlling riots and providing "stability and support." Sattelmeyer also described what life in Iraq is like and some of the new friendships that he made. "War is hell," said Sattelmeyer, who knew four soldiers who died in the war. "It's not a movie, not a videogame. You don't get a second chance."

-Lauren Weiss

READY FOR PROM?

SHOES, CLOTHES, BAGS, JEWELRY & MORE

The latest trends to the hottest colors,
we've got you covered!



All Shoes \$18 to \$35

You'll love this place!

www.shooznmore.com

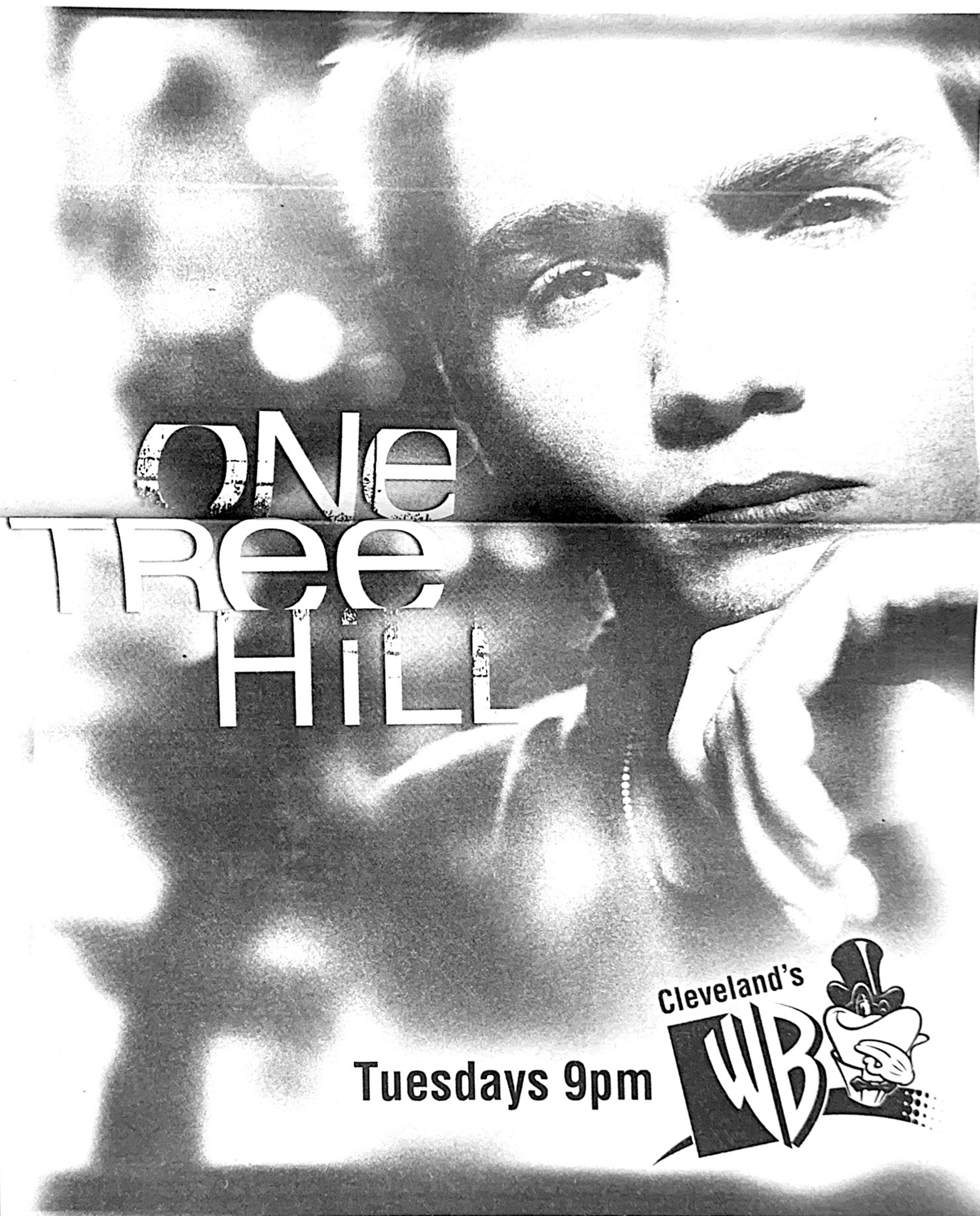
SHOOZ

Golden Gate Plaza
Van Aken Center

Mayfield Rd. in Mayfield Hts.
Warrensville Ctr. & Chagrin

(440) 461-9908
(216) 295-9747

O N E T R E E H I L L



ONE
TREE
HILL

Tuesdays 9pm



Number of Wal-Mart employees worldwide: 720,000

Rate of displacement of jobs after Wal-Mart constructs a store in a community: 40 percent

Number of Wal-Mart employees working abroad: 100,000

Percent of Wal-Mart workers who can afford Wal-Mart's health plan: Less than 50 percent

Percent of Wal-Mart employees paid less than unionized retail workers earn: 33 percent

Source: www.walmartdayofaction.com, www.jmcolberg.com

Dear Doris

BY BECCA BONTHIUS AND
MATT SEIDNER
EDITOR IN CHIEF AND OPINION EDITOR
Dear Doris:

I get really hungry during any test that takes more than 25 minutes. I have to take the AP US History exam on May 7 and that test is three hours long! What foods are good for a testing atmosphere?

Compulsively eating in 253B

Dear Eating,

It's been a long time since I took a test. But I remember the hunger pangs like it was yesterday. The key is to bring foods with substance, think of it as a camping trip. So bring a backpack loaded with sausage links, hot cocoa mix, plenty of pans, sticks and twigs to start a small brushfire. But fun size bags of chips and cans of pop (soda) are classics.



DORIS
ADVICE COLUMNIST

Dear Doris,

I don't have a date for prom. Umm...and I was thinking...we could...what I'm trying to ask is. Well...before I ask, it's okay to say no...umm...will you maybe go to...umm...prom with me?

Dateless

Dear Dateless,

It's sounds like you're dictating. Your offer was sweet. I'm flattered, really. Though I'd really like to cut a rug Guys and Dolls style with the class of '04, I'll be out of town indefinitely. However, my friend Agnes is free. The way she dances you'd never know she has severe arthritis.

Dear Doris,

I'm a sophomore, but I really want to do something creative for senior prank week. The thing is, I'm worried about getting suspended and not being able to go on senior project. What's a safe and fun thing I could do?

Sir Pranks-A-Lot

Dear Sir Knight,

Well, I'm a senior, and I don't think that playing pranks on us is nice. Wait, you're not talking about senior citizens, are you? I don't know what kids these days call pranks, but I was known for my good-natured hijinks in my school. I still remember the times feeding the class gerbil Lemmiwinks chocolate bars to make him scamper around like a little bottle rocket. I'm sure that Sister Mulhaney will never forget that day. What was your question again?

Dear Doris,

I want to find a summer job, but I don't know what to do. I saw an ad for an escort service, and I always wanted to be a bodyguard. Is this the job for me?

Lance

Dear Lance,

Oh honey, it seems you're a little confused. Escort services aren't for people who need protection, they're for chauffeurs. If you have a driver's license, you could still do this job, but I'm afraid it's not very exciting.

To all my fans:

The wind has changed! I'm off to Tuvalu, a small island nation in the southwest Pacific. There I will take the prestigious position of Funafuti (that's their capital) District Attorney. It's been a great run, I've given some advice, we've shared some laughs, and I helped start a youth nudist colony. I guess my retirement makes me part of the class of '04, which apparently is a dynasty of some sort.

Best of Luck, Doris



Worthy feedback just a survey away

Currently, 85 Shaker Heights High School teachers are evaluated at RateMyTeachers.com. The website allows students to enter a teacher's name and rate the teacher in three categories: easiness, helpfulness and clarity. However, the site lacks the depth necessary to make assessments worthwhile. These evaluations merely allow students to vent and do not help teachers improve.

The Tripod survey, given by Harvard economist Ronald Ferguson last year in some classes, also lacked relevance because of its multiple-choice format and inane questions, such as asking a student to quantify whether or not "My teacher likes me." The survey was also undermined because many teachers did not distribute it. Neither system offers an opportunity for constructive criticism or further explanation of ratings.

Offering a teacher evaluation at the end of each semester would give students an outlet to voice frustrations or offer praise. This evaluation should include a series of questions that could be answered in a short, typewritten essay. These evaluations would then be passed on to assistant principals and guidance

counselors before being distributed to teachers. Administrators would filter out trivial or abusive responses, perhaps going as far as sharing only those that are constructive and occur more than once.

By submitting the evaluations to a third party, students would feel more comfortable being honest. All

students must be given the opportunity to fill out an evaluation, but it would not be mandatory. The administration would get a chance to learn from students' experiences and use the information in future hiring and curriculum decisions. The evaluations would also let teachers conduct a self-appraisal. Though a few teachers choose to distribute surveys in their classes now, the practice is not widespread. Students have no faith in

the process; they do not feel comfortable expressing their opinions because however anonymous these surveys seem, teachers know their students' handwriting. Thus students are unlikely to be candid.

Shaker students enjoy many freedoms and are usually responsible. A feedback system designed to strengthen student-teacher relations could be a meaningful part of the academic experience.

Students, do you think this teacher rating system is a good idea?

If so, please respond to these prompts in a brief typewritten essay. Sign your evaluation and give it to your counselor.

- What positive learning experiences have you had this year?
- Did the class meet your expectations?
- What areas of your learning experience need improvement?

the
'Rite
Idea

Offering a teacher evaluation at the end of each semester would give students the opportunity to express their opinions and would provide an outlet to voice frustrations or offer praise.



Peeved at parking

I am so tired of these sophomores who do not know how to park their cars! Not only do you get to school so freaking early that you take up every decent spot, but you don't even pull up to the no parking signs. Don't just park where you feel like it, but pull up CLOSE to the car in front of you! Either learn how to park or have your parents drive you to school!

Marjorie Glick

Back off PTO

What's up with the PTO's pre-recorded phone messages? My family is on the do-not-call list for telemarketers, so I don't know what makes the PTO think they can call me and then have a computer say "please hold" as soon as I pick up! I mean, excuse me, but you're the one who called me!

Shira Polster

Crazy costly copying

I went to the library to make some copies for a class presentation. I wanted front and back copies, but apparently that machine can't. Too bad—it kills more trees. But then I had to pay \$5 for 50 copies for my average-sized class. If the library is going to be user friendly, copy costs have to go.

Becca Bonthius

the
Top
Ten

WAYS YOU KNOW
YOU ARE NOT GOING
ON SENIOR PROJECT

- 10 Eating healthy doesn't count as a health independent study.
- 9 You're not a senior.
- 8 Remember that rationale essay? Didn't think so.
- 7 Sneaking suspicion your adviser is screening your phone calls.
- 6 You put senioritis in the annals of medical history.
- 5 Using freshman as test subjects isn't popular with Mr. Griffith.
- 4 Teachers know your name because they mark you absent every day.
- 3 Your project is the study of daytime TV programming.
- 2 Your senior project adviser gives you the finger when you walk by him in the hall.
- 1 Your English grade isn't even a good batting average.

Fight against the status quo

MORGAN GROSSMAN-MCKEE
GUEST WRITER

It has been requested that I provide a measure of explanation for my recent decision to begin a one-poster-per-day protest against various decisions of the American government. At the risk of prosecution under the Patriot Act, I will oblige:

In 1753 a British aristocrat named Mary Wortley, writing on human intelligence, passionately proclaimed, "we are

educated in the grossest ignorance." Her opinion could not ring more true today. Students across the world, and most notably in America, are doomed to emerge from their schooling as little more than indoctrinated machines. Instead of creating astute, considerate and creative humans, America's education system produces incompetent, easily manipulated citizens who confuse might with right and violence with honor.

Shaker administrators and teachers will certainly claim that their high school is an exception to this despicable trend. Perhaps they are correct; perhaps I am mistaken in implying that Shaker Heights High School is little more than a bubble of meaningless busy work disguised behind an ornate mission statement and an idealized reputation.

Shaker officials are well within their rights to tear down my post-

ers from the walls. The Official Guidebook, the rules of which I promised to abide by on my first day in ninth grade, clearly prohibit the display of such scandalous material. After all, what could be more disrupting to the education process than something that actually makes students think? (Except, of course, passive resistance-which is specifically banned on page 14.)

It is certainly possible, however, that our kind administrators merely seek to make students more comfortable

in SHHS. If confronted, they would probably invoke the words of F. Scott Fitzgerald, who brilliantly explained, "There is no confusion like the confusion of a simple mind."

While I thank these administrators for trying to spare me and my peers the anguish of confusion and the terror that fills young blind obedience is not in

minds when proper supply, I must protest. Shaker students are not "simple"; they are not ignorant; they are not conformists- at least not yet.

My goal is simple. I do not seek to purge everything I perceive as wrong in America. I merely seek to put forth ideas; ideas that must be presented if our society is to function; ideas that educators should embrace instead of shamelessly conceal. If these ideas have disrupted the status quo at Shaker, then disruption has been absent from Shaker for far too long.



Matt Seidner • THE SHAKERITE

Got originality?

So I'm cruising down Sunset Strip in my tricked-out Bentley looking for a place that sells Gucci toothpicks and all of a sudden I come across a billboard showing a man who is rock climbing. An individual. A man of action. The kind of man's man you read about in the Bible. He's climbing that rock, showing that nature is nothing vs. his individualism. Then I spot his shoes. Just do it. NIKE.

I wish I were joking. But I'm not. I can't kid myself anymore. America is choking on its own materialism. The new conformity in America is individualism. Pretending that we are one in a crowd, just like everyone else. Maybe kids in the '50s had it easier because at least they didn't have to lie to themselves by saying they were unique. They knew they were part of a whole and they were comfortable with it. But we have to sugarcoat our lives with the illusion of individualism. We are a society of 290 million people dining on the ideas of 100,000



ANDY CAMERON
STAFF REPORTER

talented individuals who had vision and the persistence not to let idiots take them down.

Take, for example, the movie "Forrest Gump." As soon as it hit mainstream, everyone in America was saying, "Life is like a box of chocolates; you never know what you're gonna get." Across America, millions of cookie-cutter people were told something they could have figured out in 10 seconds of original thought. Of course you don't know what's going to happen in life. That's what makes life worth living!

"Forrest Gump" displayed a larger tendency among Americans: When we find that we don't know how to say something in our own words, we say it with a movie quote. It makes life easy. B.F. Skinner, one of the most famous psychologists of the 20th century, once said, "People are most free when they are least free." How true it is when applied to pop culture! People are so unable to come up with their own words for saying what needs to be said that they have screenwriters do it for them instead.

Consider the song "Closing Time" by Semisonic. The song didn't claim to be anything more than it was: Bland pop that made most people happy and enraged a few. What made it a nightmare was the treatment people gave to the song's big line, "Every new beginning comes from some other beginning's end." Where did you think every new beginning came from? Your muffler? So many were in awe of that stinker of a line that they didn't even stop to consider that they were being spoon-fed fake intellectualism. Maybe they were too busy deluding themselves into thinking that they were deep, profound scholars of philosophy. Or maybe they were too busy buying Sharper Image nose hair trimmers to notice.

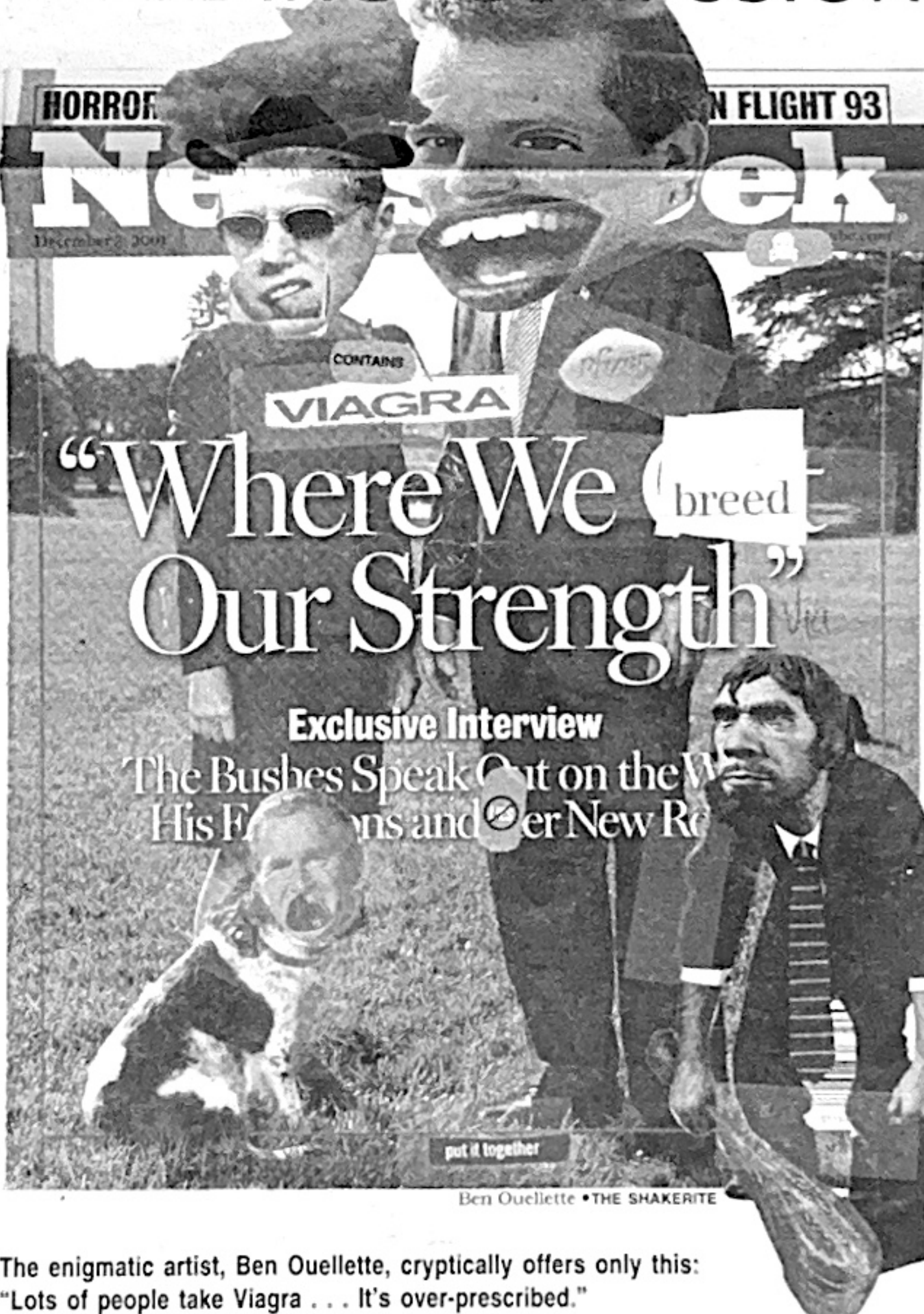
Remember that America was founded on the belief that people deserve the right to express their personal beliefs, even when those beliefs run against those of society. In modern times, it seems as though that ideal has been lost, buried under a landslide of slogans and "clever" advertisements. The pop culture we have spawned with our ingenuity has been turned into a beast of conformity. Despite this sad reality, Americans will still be blind to their own ignorance.

But no matter. They're lovin' it.



DAN BARACH
STAFF REPORTER

CUT-UP CULTURE: BREEDING CONFUSION



Ben Ouellette • THE SHAKERITE

The enigmatic artist, Ben Ouellette, cryptically offers only this: "Lots of people take Viagra . . . It's over-prescribed."



Seniors take one last look back

When the front doors opened the first day of freshman year, it was mass confusion. Enveloped in hundreds of frantic kids, I darted my way through the cliquey crowds, wondering to myself how I could even begin to start a new life in this place. I remember feeling a little scared and confused, but my nerves were on fire. I knew no one, I was but a drifting soul caught in Shaker's net and almost forced to spend the next four years wasting countless weekends with friends, trying to find parties or get-togethers that rarely came.

"I'll call you back in 10 minutes," is a term that I have come to loathe and I am sure many of you understand what I'm saying. Finding new classrooms and making my way around the building was hard enough, let alone trying to find a new group of kids to fit into. The lunchroom was absolutely the worst place overall. Everyone in there knew everyone else, but I was at square one. After eating lunch alone for the first three days of school I made a goal to meet as many kids as I could while I was stuck in this place. Four years later I feel like I have barely met anyone. I realize, though, that I have achieved my goal. Knowing everyone isn't what counts. The memories and friends I have made are the real achievements. Who knows? Maybe high school went by faster than I figured it would. But that no longer matters . . . because real life begins now. Our last 18 years were nothing but a training mode in the game we call our lives. Whatever everyone chooses to do, get out there and do it the best you can. I wish everyone in the class of 2004 the best of luck.

JORDAN TAYER

The past four years can be summed up in four words: "clean" yet debauchorous fun. From playing and attending concerts to a Pikachu-clad Harry Schnur Halloween of sophomore year, there has been little to complain about. Through high school, I've experienced many different cultural scenarios, which have involved things all natural and filled with good vibes. There has been wildness, yes, there has been chaos indeed, but was anyone complaining? "H" no they weren't. To be brutally honest, some of my best memories (that will remain forever ingrained in my mind) have occurred in, out and/or correlating to Shaker Heights High School, and leaving will still not be easy. However, come August, I will depart, as will many of my peers into the realm of reality and (gasp!) responsibility. Some are scared, but I'm pumped. It's gonna be raw; enjoy it while it lasts, kids.

IRIJAN CHECHIGLIA

Be Opinionated!

We need you to send in your letters to the editor, ten second tick-offs, or anything opinionated! Opinion is YOUR voice! It's time to speak up.

Drop off all submissions to Rm. 231!

WEATHER
FROM
COAST
TO
COAST

CALIFORNIA

Amy Endicott, editor-in-chief of The Octagon, the newspaper of Sacramento Country Day School, attests that California daily weather is much different than Ohio's. "We live in an area of extremes," she said, proving the theory of weather relativity by citing her hometown's temperatures, which range from a high of 113 degrees all the way down to a chilling 50 degrees. "Fifty's not that cold," came the refrain from Endicott's newsroom buddies. "It's cold for here," she explained. Mostly, though, "It's hot and sunny. There's no depression. The heat and sunshine makes us lazy," she said.



OREGON

Andy Floren, adviser of Clanton, the student newspaper of Grover Cleveland High School in Portland, describes the weather as "pretty wet." "It's pretty mild. The winter highs are 52 degrees and the lows are 45 degrees. The summers are great. It's 85 and sunny," Floren said. The rainy weather gets old. "Everybody manages with the rain, but when it's sunny people start to come out of the woodwork. Everybody comes outside. By March and April, people expect to see sun," Floren added that when Oregon falls short on the heat factor, they just go to California.

NEW
HAMPSHIRE

"It gets really cold in winter," said sophomore Karlyn Dameule, a resident of Lonsberry, NH. "It gets below 0 degrees in the winter and it's really icy. In the summer, it's usually in the 80s." Dameule also states that New Hampshire students are afflicted by cabin fever. "Because we have to wear really heavy jackets in winter, when it gets to 50, we get really happy. We all wear shorts and flip-flops in the middle of February," she said.

Compiled by Marguerite Moore and Jason Plautz

SPRING
FEVER

Spring fever is the common name given to the sudden lifting of spirits as winter ends and summer begins. As days become longer and brighter (thanks to daylight savings time), the wintry effects of SAD wear off and depression makes way for giddiness.

In the 18th century, when food storage wasn't common, peoples' vitamin C levels would deplete rapidly without fruits in winter. Once spring hit, their bodies would be so lacking in vitamin C that they suffered joint swelling, weakness, poor healing of wounds and, in some extreme cases, death. This unexplainable affliction was called "spring fever," but we know it better today as scurvy.

If you feel a little flirtatious when spring hits, you can blame the sunlight. As sunlight increases after winter, circadian rhythms (they control hormone levels based on light) change, raising certain hormone levels, especially testosterone, which controls the sex drive in both men and women.

For many people, winter is the season in which they feel most depressed and deprived of energy. According to experts, these feelings occur because of increased melatonin levels. Melatonin is one of the hormones that make people feel tired, so when these levels increase, the body temporarily shuts down. The winter months are also known for the "winter blues," a time when people want to be less productive and sleep more.

Finally, it's the season for major holidays; people get stressed out because they become over-committed or because the holidays don't meet their expectations. These "blues" are also partly attributed to the increased darkness during the season.

According to scientists, one way to fight off winter depression is to spend as much time in the sun as possible (not easy to do in Cleveland, to be sure). Serotonin levels increase with the amount of sun. Serotonin increases feelings of alertness.

Summer light makes the body produce more vitamin D, which in turn increases serotonin levels. So, by spending time in the sun during summer, you can store up vitamin D levels, which can then be used to lessen depression during the winter.

During the mid-winter months, people also experience cabin fever, the build-up of energy and an urge to get out of the house.

Studies have shown that cooping yourself up only hurts productivity. In fact, The Washington Post reports that going outside, even for small errands, during spring days actually helps increase productivity (teachers: take the hint). However, don't let your breaks take all day. April 19, our region's first day of truly spring-like weather, the Shaker attendance office reported 340 unexcused absences, compared with a normal 260 unexcused absences.

SUMMER
MANIA

Summer mania describes the quick tempers and hostility that can arise during the summer.

Just as the lack of sunlight in winter causes mild depression, the extra light in summer causes mild elation. The extra light leads the body to produce too much adrenaline and stimulants, but not enough calming hormones (such as melatonin).

Most people get comparatively little sleep in summer. When it comes time to hit the hay, the sun is still shining and shows no signs of stopping. Add on to that natural heat exhaustion, dehydration and the abundance of outdoor activity and you've got yourself one sleep-deprived, cranky vacationer.

Crankiness can become extreme irritability or even hostility when the summer heat reaches its maximum temperatures around August. Police officers use this fact to explain the spike in crime rates, especially theft, during the summer months. In addition, the fact that schools are on vacation leads to an increase in juvenile crime.

In order to avoid summer mania, scientists recommend limiting activity at night and sleeping with blinds closed in order to block out sunlight. Afternoon naps are also recommended to rejuvenate the body. Drinking milk is recommended because it contains tryptophane, the same chemical that makes you fall asleep after eating turkey.

Because of the changing colors of bright orange, yellow and red leaves, autumn can bring back childhood memories. Remembering the aromas of warm apple cider, the sensation of jumping in piles of leaves and the sounds of leaves crunching brings back happy memories.

Mythology treats autumn as a time of change, rebirth, death and life. According to the Native American medicine wheel, a stone circle for reflection and understanding, autumn represents strength, introspection and the preparation for renewal.

Especially in the New England region, people are known to take fall foliage tours in the autumn season to see the change in the colors of the leaves.

Toward the end of autumn, some animals decrease their daily activity and get ready to hibernate. The autumn equinox, which falls around Sept. 23, marks the shift to shorter days and longer nights. During this time, people can start experiencing the beginnings of winter depression.

THE
BEAUTY
OF
AUTUMNThe
Winter
Blues

Weathermen discuss Cleveland's weather pattern (or lack thereof)

Cleveland weather has angered and amused almost everyone who has to deal with it. Yet, there are individuals who embrace the weather's predictability and seek to interpret the churning skies for the rest of us.

Meteorologist Dick Goddard of WJW Fox 8 News has been a meteorologist for 53 years, said that Cleveland is typically marked by a late autumn and an early spring, and that some of its erratic behavior can be attributed to the lake effects.

"Lake Erie can act as an air conditioner [for waterfront areas]," Goddard said.

Ten-year meteorologist Mark Nolan expressed similar sentiments regarding Cleveland weather in an email interview. "Lake Erie is such a part of our weather that the erratic part is just normal," Nolan said.

However, he feels that society as a whole has been following the weather more regularly in recent years. "I think we've just become much more aware of our weather," Nolan said. "On our computers, on television 24 hours

Are there four definitive seasons in Cleveland?

with the Weather Channel... We've become a nation of forecasters."

Describing Cleveland weather is no difficult task for Nolan, whether forecasting or generalizing its effects.

"The old phrase goes, 'If you don't like Cleveland weather, just wait a minute,'" he said.

Compiled by Betty Elise

If you're sad,
it could be SAD

A common psychology story concerns the lack of ability to work in the winter. For years, this problem remained a mystery, but recently doctors pinpointed the problem -- Seasonal Affective Disorder. This problem affects about five percent of adults in the United States and causes them to suffer depression in winter months while functioning normally for the rest of the year. SAD is caused by a hormone imbalance created by differing light patterns. Melatonin, a sleep-related hormone, is produced at increased levels during the hours of darkness. Common symptoms of SAD include excessive eating, excessive sleeping, high weight gain, reduced work productivity and depression in winter.

The disorder is treated with phototherapy, or bright light therapy. Exposure to light takes place either in special white-light chambers or through extended exposure to natural light.

Even though only five percent of Americans suffer from true SAD, at least 25 percent of Americans feel mild depression in winter (see Winter Blues).

Does the weather affect your mood?



Compiled by Jason Plautz

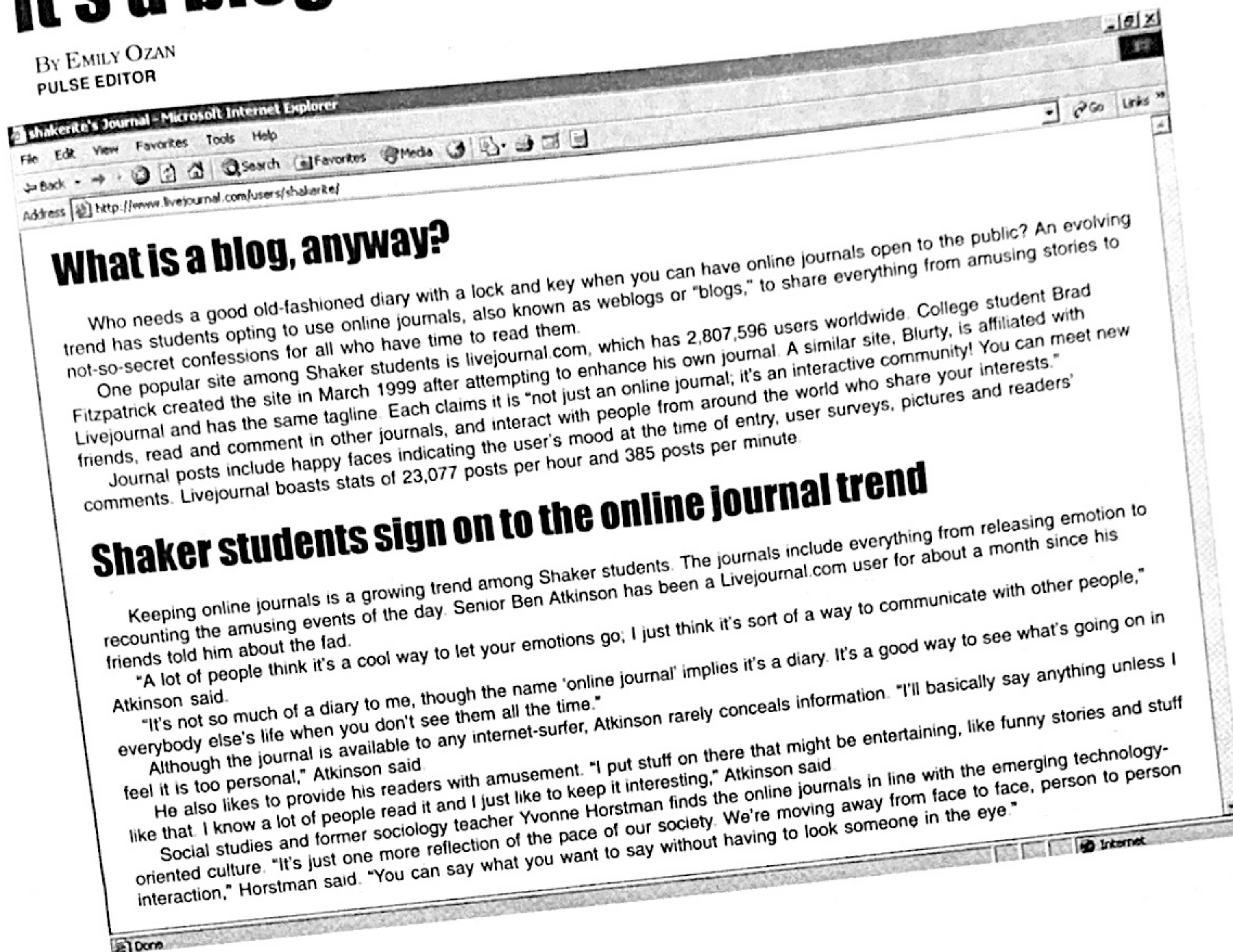
Compiled by Marguerite Moore and Jason Plautz from www.msha.org, www.southtimes.com, www.cleveland.com, http://perkyperkyperky.com, www.ladyinblack.com, www.tbc.co.uk, www.angelfire.com/cv/cvskyline/sunsets.html



100% chance of snow in December
Scientific poll of 77 students with a margin of error of +/- 4% per year. Shakerite (civilians) interviewed students.

It's a blog world after all

By EMILY OZAN
PULSE EDITOR



'Trendy' does NOT equal 'attractive'

Recently popular fashion has taken a turn back toward the '80s. One-shouldered shirts, crimped hair, mini skirts, pumps, bright colors contrasted with dark browns, etc. This '80s fashion mixed with new ideas creates something even more outrageous that we see today on runways around the world and in the halls at Shaker. Some of the latest trends include bright



LESLIE BRANDON
GUEST WRITER

colored pointy pumps, "brown is the new black" long sleeve shirt layered over a bright pink or blue tank top and Uggs snow boots with a mini skirt. We will soon see these played out on TV (the trucker hat died when Ashton Kutcher's "Punk'd" ended) and retire from the runway. However, the poor impressionable consumers with endless pockets, mostly girls, who are watching assume that just because it's trendy, on TV, or worn by the rich and famous, it will look good on them.

I'm sorry, but it usually doesn't.

The trend-seekers I pity the most are the ones with their juicy velour pants tucked into their tan Uggs, which are snow boots with fur on the inside to provide extra warmth. That's at least \$300 that will soon be shoved to the back of the closet. I'm not especially concerned about the money, because for them there's plenty more, but the real problem is that it looks silly and completely unoriginal. I admit that I am a firm believer in fashion over function, but Allie Hiltger wore her Uggs all summer in the middle of NYC. I would rather wear passé flip flops than have my legs warmed by faux fur in the sweltering heat. I'm also an advocate of getting rid of the new rubber galoshes trend. These brightly colored boots are being sold as functional shoes. If you were to wear bright pink rain boots with tights (as they're now worn), your ankle would be surrounded by negative space, and there's no element of flattery to the feet or legs. With a heel, at least legs look toned. The rain boots have got to stay in the magazines.

The same story goes for those who try to copy celebrities' award show gowns at prom. What goes down the red carpet should stay there. Those who choose to wear celeb knockoffs look desperate and goofy. We all watched the Academy Awards last year and saw Halle Berry's gorgeous, crimson, partially see-through gown with the big roses, but we don't want to see it on you at prom. It doesn't work. People who are constantly under the spotlight make statements with their ensembles to stand out. It's not meant for a high school dance; it's meant for Hollywood.

The real problem we are facing is that people with money think they can rely on E! or the Style Network to dress them because they can afford it. But once they buy the hot item, they are strictly copying, with no self-expression or creativity. I could practically name the episode of "The OC" that these girls are mimicking.

One may argue that it's the way they want to look, that they're happy with it. I do not want to offend anyone's style; I think it can be a form of self-expression, but not if they're strictly expressing designers. They are brainwashed by their money because it will buy them the best outfit with the perfectly matching earrings. I'd like to remind them that just because it is hot off the runway does not mean it will look good.

Culture shock • Exchange students react to school dances and societal differences

By ABBY HEXTER
BUSINESS MANAGER

Newcomers to Shaker confront many daunting differences: crowded cafeterias, difficult courses... and school dances.

Along with the shock of being in a new country, foreign exchange students found the April 24 spring fling dance to be one of the biggest surprises of all.

Students from France arrived in Shaker for the second part of an exchange program after a group of Shaker students traveled to France over spring break and visited their school. Many of these students, along with some from England, attended the dance and quickly realized the cultural differences in dancing.

"It was a lot of fun, but I don't like how people dance. We don't dance like that in France," said Aurelie Gerard. Both she and Rolande Esope, exchange students from Rennes, France, described the dance as "hot," referring not to the high temperature of the South Gym, but to the ambiance of the night, most closely meaning "sexy."

Indeed dancing is a different activity in France, as senior Shelley Grossman can attest. On her trip to France, she visited a dance club where she saw the differences

between American and French dancing.

"The music they play is worse, and people were dancing. But there was no booty dancing," Grossman said. The British exchange students who went to the spring

fling were also thrown by how different the dancing is compared to what they are used to. Katie Stamm, who hosted British student Joanna Charlottes, described Charlottes' reaction.

"[She said] that it's so much more intense than their dances," said Stamm, who added that the British exchange students said Shaker dancing was "slutty."

Shaker's recent influx of foreign exchange students from countries such as France, England and

Mexico are encountering cultural differences and realizing the uniqueness of Shaker Heights as they become familiar with American society.

Some equate the lifestyle at Shaker with what they have seen in American movies.



Dan Snider • THE SHAKERITE
CHIARA MOTTA, AN Italian exchange student, takes notes during her environmental science class.

MYRTLE BEACH, SC STUDENTS WELCOME!

NO BOOKS,
NO HOMEWORK,
NO CLASSES...



GUARANTEED!
Sandcastle Oceanfront Resorts in
Myrtle Beach

Students Welcome!!
1-866-857-4061

Toll free

Please mention Code 3-4

Oceanfront accommodations featuring
indoor and outdoor swimming pools, Lazy
River, hot tubs and
poolside cabana bar

www.sandcastleresorts.com

"He's the hottest thing since the toaster."
4/12
Heard in the Halls
Overheard and out of context

"So you cooked your pet?"
"It wasn't a pet! It was dead!"
4/19

"Is elephant kosher for Passover?"
4/12

"I would rather be a custodian at Shaker Heights High than a substitute teacher."
4/5

THE GRAMMY FOUNDATION named the high school a Grammy Signature School in recognition of its excellent music department. After a screening committee evaluated tapes submitted by schools nationwide, finalists were chosen. Of the finalists, 41 were named 2004 Signature Schools, which

carries a prize of \$1,000 and a certificate of merit. Shaker was the only school in Ohio to be recognized. Music Department Chairman Dr. Robert Schneider said, "It's incredible... [the award] just shows the talent of our students."



five Minute critic

Fly or Die

NERD.

In their sophomore album, N.E.R.D., fuses their typical hip-hop musical style with a rock influence. Their first single, "She Wants To Move," features the heavy base and expert recording that has helped the group produce successful songs for other popular artists. However, certain songs lack the lyricism the band proved to be capable of on their previous release.



Hilry Hazelwood

James Bond in: Everything or Nothing

Electronic Arts

Though "Everything or Nothing" shakes (not stirs) up the traditional format of Bond games, most traditionalists will be pleasantly surprised with added features, such as the slow-motion "Bond Sense." Twenty-nine missions in various settings will keep your interest. This new installment won't get thrown in the closet too quickly.



Allen Eckhouse

The Storyteller's Daughter

Saira Shah

BBC journalist Saira Shah brilliantly captures the horrors of life in war-torn Afghanistan before and after the fall of the Taliban. Shah, who is of Afghani descent, weaves stories of her childhood in England into her accounts of oppression and destitution in the nation to create a personal story that adds emotion to inhumanities that are often bypassed by the press.



Will Werner

Thornton takes his final bow

FROM THORNTON PAGE 1

"Most anybody who's been in Senior Ensemble would say they have a closer relationship with him [than any other teacher]."

Indeed, Thornton has connected with students by achieving his goal of developing a sense of group unity.

"Theater can be a pretty lonely and competitive situation," Thornton said. "It's important to think that you have people you can count on to support you in your work."

Creating a close, talented group was Thornton's plan from the beginning of his time at the high school.

"I knew there was a job in Shaker," Thornton said of his decision to come to this district. "I came up because I thought this was a place where I might be able to create an unusual program."

He first taught Film as Art, Acting and Theater I and II, which at that point were English classes. Students didn't receive credit for Ensemble.

Thornton strengthened the Ensemble program and earned permission to create an entire Theater Department of accredited classes.

Since then, he has devoted countless late nights and weekends to theater.

"He doesn't necessarily train you to be a good actor or singer or dancer; he trains you as a person," Corrigan said. "It's not just about the performance; it's about the person as a whole."

Thornton's commitment to the theater program was recognized recently when he received one of three Arts Educator Awards from Young



Thornton

“He has a very good understanding of people, which is what theater is about.”



Arlo Hill
senior

Audiences of Greater Cleveland to be presented in May at the Ohio Theater.

Senior Arlo Hill, a four-year student of Thornton's, said Thornton is in tune with his students' abilities.

"He has a very good understanding of people, which is what theater is about," Hill said. "He's very intuitive at being able to see what people are capable of, and of helping them to reach that potential."

Corrigan benefited from Thornton's ability to empathize with students during last year's "Man of La Mancha," when she forgot her lines during a dramatic musical number. At a cast meeting after the show, Thornton reversed the error.

"He mentioned that he thought it was my best performance yet: I fell off the horse but I got back up," Corrigan said. "Everyone started clapping. He cares about the student and the actor rather than the performance and the audience."

Indeed, Thornton's focus reaches beyond the impressive performance of one individual.

"I'll leave here knowing that when I'm on stage, everyone else on stage is just as important," Corrigan said. "It's not about you, it's about the whole."

According to theater teacher Christine McBurney, the fact that Thornton essentially created this whole will affect students long after his retirement.

"He built [the department] from nothing," McBurney said. "He has impacted the lives of thousands of students, and I think the curriculum



Dan Snider • THE SHAKERITE

and the program are solid enough to continue impacting students' lives."

In addition to Broadway actors, Thornton's students have gone on to be successful dancers, theater managers and film producers.

Shaker resident Nikki Babbit, whose children Jamie and Ross now both have careers in film and television producing, said Thornton's impact was "tremendous."

"[Jamie] has thanked him for his impact in her life and career. She has spoken about how he influenced her approach to actors as she

directs," she said.

Notes from the April School Board meeting indicated that Thornton will continue at Shaker next year as the department's artistic director.

Under Thornton's leadership

- Theater became a unique department apart from the English department
- Course offerings expanded from four, not-for-credit semester courses to 17, for-credit semester and full-year courses
- Student enrollment in the theater department went from about 20 to more than 100
- Yearly participation in theater productions increased to more than 200 students
- The theater department was recognized as a "Center of Excellence" by the National Council of Teachers of English
- Theater department staffing increased
- The Ensemble, New Stages, Playwriting, Shakescenes, Management, Guest Artist and Alumni, Patron and Shaker Theater Support programs were established

IN PREPARATION FOR the April 29-May 1 Senior Ensemble show, Theater Department Chairman James Thornton helps with a scene in which seniors Josh Kaplan, Leah Michelson and Saliha Muttalib lift Stephanie Fungsang. Thornton, who has worked at Shaker for 25 years, will retire in June.

Shakers know that at some point their mentor will have to turn the program over altogether, but they do not doubt that Thornton will do what is best for the program.

"He has a plan. He always has a plan," Corrigan said. "He wouldn't

let a program that he's raised to this caliber fall."

Bouncing to the beat of controversy

BY DECEMBER KINNEY
ARTS EDITOR

Janet Jackson is proving that when it comes to popular music, scandal sells.

Since her inappropriate exposure during the Feb. 1 Super bowl, Jackson's CD sales have been increasing. Maya Glauber, a sales associate at Best Buy in Mayfield Heights, can attest to this.

"Right after the scandal, we got a whole bunch of [Jackson's] CDs and they kept selling," she said.

Yet according to freshman Molly Stambaugh, students might just like the style of a questionable group.

"Nine Inch Nails' music videos are kinda weird, but I bought their CD anyway," Stambaugh said. "I really don't know that much about them. I just listen to them because I like their music."

Joseph Houser, who is teaching sociology this semester, explained that people tend to separate an artist's music from his personal life.

"We have divorced ourselves from what he does personally versus what he does as an artist," Houser said.



Amy Silver • THE SHAKERITE

Still, freshman Nora Leahy said there are instances in which an artist's life would affect her.

"If I was listening to someone that did something really stupid... something as extreme as killing someone, then I'd probably stop listening to them," she said.

Freshman Alex Mok explained that if the quality of the music deteriorated along with the artist's life, he might lose interest.

"If they went out and trashed their old music style, which was their reputation... I might not listen to them anymore," he said, adding that he would also lose taste for a celebrity who had committed murder or a serious robbery.

Junior Coronda Younge said it's very hard not to hear controversial artists.

"Music is music... It's still going to play on the radio, and as much as you try to not listen to it, it's still going to be there," she said.

Glauber did notice the prevalence of controversial music in CD sales. For example, she sold more of R. Kelly's CDs after he was indicted for child molestation.

But despite R. Kelly's case, trends may differ for other artists, depending on how renowned they are.

"Some people project an image more than others," Stambaugh explained.

Younge, however, held that an artist's personal life doesn't require so much scrutiny.

"You do what you do and whatever consequences you get, you get," Younge said.

Darkness falls over Cleveland arts

five
Minute
critic

Secret Window

Starring: Johnny Depp, Maria Bello, Timothy Hutton
Director: David Koepp

• With the defeat of Issue 31 and the nationwide recession, Cleveland arts have been hit hard; how important is a creative class to a city's success?

By ALEX BUDER SHAPIRO
ARTS EDITOR

Unlike the temporary blackout before a production begins, a foreboding darkness is falling across stages around Cleveland.

In 2002 and 2003, Dobama Theatre and Ensemble Theatre both called off their final productions of the year. Cleveland Public Theater went one step further, canceling one-third of their season the same year. The Halle Theater at the Jewish Community Center decided not to have a 2003-2004 season due to financial woes.

Theater teacher Christine McBurney, who has been actively involved in the Cleveland artistic community, regrets the cancellations.

"This type of thing is always sad," McBurney said. "Last year was really frightening. Whenever a theater is dark, it's never a good time."

Community Partnership, which works to unite the Cleveland arts scene, President Tom Schorgl explained to the Cleveland Jewish News that in the top 30 cities, funding for the arts is around \$4 per capita. In Cleveland, it is \$0.64.

According to the Cleveland Jewish News, the total number of subscription seats for the 2003-2004 season at the Cleveland Play House were about half of the total for the 1994-1995 season. The Play House has an accumulated debt of \$3.5 million.

Tough times often leave theaters with a choice of whether or not they can maintain both their independent spirit and the essential need for popular appeal. Alex P. Michaels, an Emmy winning writer, director and Studio Chief of Prelude2Cinema, a digital movie company, attributes much of Cleveland's problem to its low number of risk ventures.

"Honestly, I cannot blame anyone

for leaving here. Whenever I tell someone that I work on movies, they ask, 'What I am doing in Cleveland, then?' Until we actually start to value ourselves, there will be a slow but unfortunate and inevitable death of the creative class," Michaels said via email.

Junior Halle Morse has had her share of experience with the Cleveland theater community. She is currently rehearsing "Reefer Madness" at the Beck Center for the Arts.

"I think that Cleveland has a decent theater scene," Morse said. "It's obviously not as lively as NYC or LA, or even Chicago, but it's pretty strong, especially if you're involved continually."

McBurney, who chose to return to Cleveland after receiving her master's from Columbia University in New York City, also sees positive aspects of Cleveland.

"You can be a big fish in a little pond. When you are an artist, you have to take the lessons you learn through adversity," McBurney said. "When I first came to Cleveland, I kept fighting, saying 'I've got to get back to New York,' but I surrendered ... and now I'm blooming where I'm planted."

Though Morse plans to spend her summer at a prestigious theater program in New York, she expects that she will end up working and living in Cleveland after college.

"It's convenient once you've already made a name for yourself. Plus, there is so much less competition than there would be in the really big theater districts," Morse said.

Stacy Burris, the director of the Geauga Lyric Theater Guild, has seen positive growth in the theater community due to its struggles.

"What is also happening seems to be a real shift in focus for those in the arts community. We make a point

of trying to be supportive of other theaters, seeing others shows, lending items without charge. I think many of the theaters feel the same way; we will all work together or die together," Burris said in an email interview.

Margaret Lynch, co-director of the Cleveland Theater Collective, an organization that seeks to counter the struggles of the current theater scene with a collaborationist approach, notes the steps Cleveland artists have taken to curb negative trends.

"I think there are also signs of hope and activism," Lynch said in an email interview. "Under the leadership of the Community Partnership, the arts community was successful at getting public funding for the arts on the ballot and in front of the public as an issue. The campaign brought the issue to the attention of numerous elected officials and business concerns. The arts community rallied around the issue."

Lynch referred to Issue 31, which was defeated on March 2. The \$21 million from a property-tax increase would have been invested in economic development, especially in the arts community.

Kevin Cronin ('79), the managing

director of the Bodwin Theater, explains that the defeat of Issue 31 was not seen as the end by the arts community.

"The loss is not as surprising or as dramatic as you may think, given the recession and the crowded ballot. While we definitely should have won, the election was close and the subject was new to many people," Cronin said in an email interview.

"In a strong economy, more voters would be willing to support the arts, but with high job losses in Northeast Ohio, there is a lot of voter uncertainty and the will to take on new taxes faces a higher hurdle. Public funding for the arts will come."

McBurney thinks the importance of Issue 31 was to raise awareness about the necessity of arts funding.

"As artists become more savvy and plead their case, they have the statistics on their side ... The importance is that it began a public discourse on the arts ... it's not over yet. We have to pay for bombs; why can't we pay for costumes?" McBurney said.

Cronin applies the importance of a creative class to a broader spectrum.

"Creativity is a valuable item in every niche. The more we foster creativity, the more we innovate and succeed."

"This isn't as much an arts argument as a personal and regional economic development strategy," Cronin wrote.

Kira Seaton, assistant professor of music at Cuyahoga Community College, Western Campus, also reflected on the merits of having a strong artistic population.

"A city receives its character, its conscience and a clearer sense of life values through its arts community. By its very nature, that community questions, communicates and debates the higher issues affecting us all," Seaton said.

Coming to Cleveland arts in May

Make it your personal duty to help reinvigorate the Cleveland arts scene.

"Burchfield to Schreckengost: Cleveland Art of the Jazz Age" at the Cleveland Museum of Art, Beck Center of the Art, March 28-July 18. Call clevelandart.org for info.

Student Summer Showcase at the Cleveland Institute of Art, May 15-July 30. Visit cia.edu for more info.

Coming to Cleveland theater in May

Make it your personal duty to help reinvigorate the Cleveland theater scene.

"Reefer Madness" at the Beck Center of the Art, May 21-June 20. Call (216) 521-2540 for tickets.

"Nickle and Dimed" at the Cleveland Public Theater, April 28-May 29. Call (216) 631-2727 for tickets.

"Proof" opening at the Geauga Lyric Theatre Guild on May 6-23. Visit (440) 286-2255 for tickets.

Coming to Cleveland music in May

Make it your personal duty to help reinvigorate the Cleveland music scene.

"Exploring Elektra" at the Cleveland Orchestra, May 3. Call (216) 231-1111 for reservations.

Rock Style Exhibition opening at the Rock and Roll Hall of Fame on May 12. Visit rockhall.com for more info.

Although Johnny Depp's sexy new haircut originally got me interested in "Secret Window," the possibility of a jaw-dropping, pee in your pants horror flick really convinced me to see it. Unfortunately, my jaw dropped for all the wrong reasons and I'm pretty sure the girl next to me peed in her pants from laughing too hard. The only horrifying thing about this movie was how awful it actually was.



out of five

Aviva Ariel

Wynton Marsalis

Concert: April 23

Wynton Marsalis' unmatched trumpet skill and unique style of playing made his music a delight, but his inherent charm made the evening an intimate experience. Marsalis explored various styles of jazz, most notably his rendition of "Happy Birthday" as a New Orleans funeral dirge. Even though he was promoting his Magic Hour CD, Marsalis made the whole evening magic.



out of five

Jason Plautz

SENIORS!

Guys and Dolls After Prom

May 16th 1a.m. - 5 a.m.

Buy
Tickets
Early

- to win FREE tickets on the first three days -- May 3, 4, 5 ONLY
- to win certificates for flowers, manicures and dinner discounts
- before leaving for Senior Project

* Ticket Sales May 3 - 14th *

On sale in the senior lounge 4th-8th periods

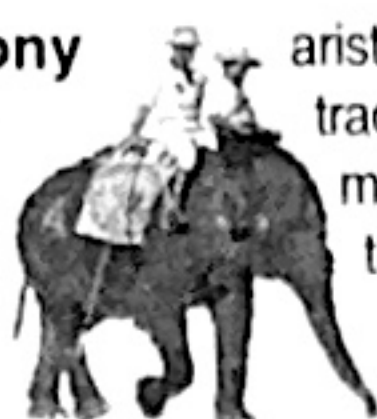
On sale after school from 3-3:45 May 12-14 ONLY

\$15 per person; Bring your ID

Questions? Call Susan Gall at 921-7311 or Patty Clair at 991-2181

Not your average polo pony

The World Elephant Polo Association has held the World Elephant Polo Association Games in Nepal since 1982, though the sport originated in India around 1900 as a pastime for British



aristocracy. The sport is similar to traditional polo, but the sticks are more than two meters long and the pitch is 25 percent shorter because the elephants move slowly. Rope harnesses prevent players from falling off, a safety

hazard that has occurred only a few times in the WEPA. Trainers ride with players and direct the elephants by applying pressure to their ears or with Nepali verbal commands. The Tiger Tops Tuskers of Nepal are the reigning WEPA champions. www.elephantpolo.com

'Mega conference' shakes up LEL

- Divisions to be determined by skill, not size; individual teams, not schools, decide

By MEAGAN STEINER
SPORTS EDITOR

For many Lake Erie League teams, games lost by 40 points or wrestling matches predetermined by forfeited weight classes have become an exasperating fact of life.

The 2006-2007 school year may see a decrease in these lopsided contests due to the LEL's new plan.

In an effort to discourage schools from switching to other leagues and to put competing teams on a level playing field, the LEL will let individual teams choose between the Lake and Erie divisions, allowing sports in the same school to compete against different rivals in its new "mega conference" plan. The divisions are currently determined by school size, with larger schools in the Lake Division, which will remain the more competitive league.

Coaches will confer with athletic directors to decide whether to remain in their division every two years. So far, no Shaker teams have decided to switch from the Lake to the Erie division, and Athletic Director Susan Brown does not think that any will choose to do so two years from now.

Athletic directors first discussed the idea at a January meeting. The change will take effect in the 2006 fall season. Principals of LEL schools have approved the first draft and will likely approve the final draft, including which teams will be in each division, by their June 14 meeting.

"I think it's gonna be a positive experience for the athletes because sometimes when you go to a basketball game and you lose by 40 points it's not a good experience and to be an athlete, to get away from that and improve your program . . . you're better able to improve," Brown said.

Athletic Director David Sedmak, who is also the head football coach, agreed that the new divisions will create more balanced competition. He said that teams that are not winning or losing by wide margins are less likely to leave the LEL, noting potential new leagues forming and Elyria's and Parma's move to the Pioneer Conference.

Junior football player Dennis Thornton said he thinks the changes will be positive, but, "it might be more competition for us . . . It's like a different experience for me than playing the same schools every year."

The Lake Division presently comprises Mentor, Euclid,

Shaker Heights, Cleveland Heights, Lakewood and Admiral King. Maple Heights, Bedford, Shaw, Southview, Garfield Heights and Warrensville Heights currently populate the Erie Division.

No swimming, cross-country or women's soccer teams will be switching leagues.

Admiral King will switch to the Erie Division in all other eligible sports: football, men's soccer, volleyball, golf, men's and women's tennis, wrestling, men's and women's basketball, track, baseball and softball. Cleveland Heights will move its volleyball, golf, wrestling and softball teams to the Erie division and Euclid will take its wrestling and men's and women's tennis programs to the Erie as well.

Current Erie school Maple Heights will shift to Lake in football and wrestling, as will Garfield Heights in volleyball, wrestling, baseball and softball, Southview in golf and wrestling, Bedford in track and Shaw in men's and women's basketball.

Maple Heights Athletic Director Dave Miller surveyed all Maple Heights coaches about the "mega conference" while it was being planned and they supported it.

"Every week for us is gonna have to be a playoff week in football," he said of the higher level of competition his team will have to face throughout the season. "Hopefully our kids will meet the challenges and beat those bigger schools."

Though Bedford's track team, which plans to switch to the Lake Division, won the state championship four years ago, Shaker track coach Henry Woodard said he doesn't think the change will greatly affect his team because they already compete outside the league.

With three schools projected to switch in each division, wrestling will undergo the most change. Wrestling coach Marc Enie explained that while Admiral King is a large school, their wrestling team is so small that about six Shaker wrestlers won't have matches when they play against them. Conversely, he said that Garfield Heights has a very large team and that Maple Heights has long been one of Ohio's best wrestling programs; both schools have sold-out gyms at some matches. He also said that wrestling against top teams will better prepare teams for the state championship.

Enie attributed the success of some smaller schools to strong coaching and youth and middle school programs and said these traditions of excellence attract even more athletes to their teams. He said the large projected shift in wrestling is partly due to the smaller teams' inability to fill the 14 weight divisions at matches.

"Some schools have only five or six kids. The match is already won from forfeited victories. The bigger the match, the kids get to wrestle and not just get a forfeit, and for the weaker schools it doesn't do a lot to get beat



Allison Vitkus • THE SHAKERITE

60-3. That doesn't do a lot for your program or for your kids' self-esteem," Enie said.

Miller said the increase of sports training year-round has increased teams' desire for more competition.

"You see people who want to be competing in the best level of competition possible," he said.

Junior softball and field hockey player Allie Hall said she would sometimes prefer playing teams from smaller schools at a higher skill level.

"It's no fun if you're always winning and always beating people. You have to have some competition I think. It has to be a good game," she said.

Junior Candice Crews, a basketball player, noted the advantages and disadvantages of playing different schools. She said that though she likes the LEL's current tradition, it would be beneficial to see how other schools play. She thinks that all LEL teams should play each other at least once.

"You never know how good you are as a player and where you stand unless you play outside your league. I mean, there's always someone as good as you, someone else and I mean in my opinion I want to [play different teams] to see where I stand as a player," she said.

Changes planned for 2006-2007

Lake Division to Erie Division

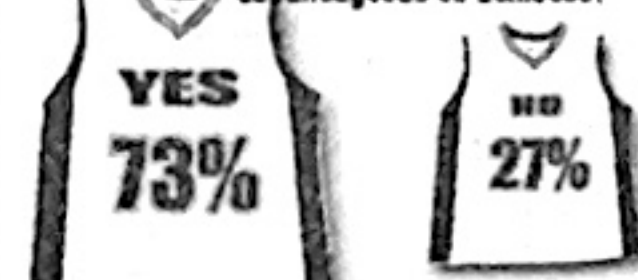
- Admiral King: football, men's soccer, volleyball, golf, men's and women's tennis, wrestling, men's and women's basketball, track, baseball, softball
- Cleveland Heights: volleyball, golf, wrestling, softball
- Euclid: men's and women's tennis, wrestling

Erie Division to Lake Division

- Bedford: track
- Garfield Heights: volleyball, wrestling, baseball, softball
- Maple Heights: football, wrestling
- Shaw: men's and women's basketball
- Southview: golf, wrestling

Photo illustration by Allie Jennings

The LEL plans to reorganize its divisions based on teams' skill level rather than school size. Do you think this is advantageous to athletes?



Scientific poll of 77 students with a margin of error +/- 11 percent. Shakerite classes telephoned students.

BW the NUMBERS

Compiled by Betty Eiler, David O'Connell and Meagan Steiner

TENNIS

- The team holds an overall record of 7-2.
- The Plain Dealer has them ranked third in the state.
- Coach Al Slawson said Cleveland Heights was their biggest competition.
- "We're doing well, we've already beaten the toughest team in the league," he said.
- The team's wins include victories over 4th ranked Heights, 6th ranked Walsh and 8th ranked Medina.



BASEBALL

- The team's record is 4-2 in LEL and 4-6 overall.
- The team had a **slow start**, losing to St. Ignatius as well as losses in Florida over spring break.
- Coach Bud Longo said that **beating Lakewood** in a challenging game was a season highlight.
- Longo said the team's goal is to **win the league**

MEN'S TRACK

- The team's record is 0-1
- Coach Anthony Watkins said the team has had a **large turnout** this year.
- "I'm trying to establish discipline, accountability, responsibility and to **encourage people to compete**," he said.
- Notable runners include sophomore **Vantagana Mitchell** and senior **Winston Weatherspoon**



WOMEN'S TRACK

- With a record of 2-1, coach Bob Woodard said the team has been consistent and hopes to return to the **state meet** with a 4X400 team.
- "We've had some injuries," Woodard said. "[But] we always historically reach our **peak in May**."
- Standouts include freshmen **Klara Fritz**, **Kelly McCord** and **Patrice Page**.

SOFTBALL

- Their record is 0-2.
- Coach James Schmidt said a low point of the season was **losing their lead** in their game against Admiral King.
- Schmidt said it's too early to determine standout players.
- "We've played some consistent softball," Schmidt said. "I want to have . . . [a] positive experience for this year, **improve on the record** from last year and put us in a position to win the LEL next year."

WOMEN'S LAX

- The team's record is 2-1 in LEL and 4-2 overall, with losses to Cleveland Heights and Sycamore of Cincinnati.
- Their next **highly competitive game** will be away against Hudson May 6.
- Coach Liz Wilson said they ultimately hope to **repeat as state champions**.
- Wilson said the team needs to "gel" but is very talented and has not yet realized their full potential.



Photos by Dan Snider • THE SHAKERITE

CREW

- All three varsity boats **made finals** at the Hoover Invitational Regatta April 10.
- At the Cincinnati Invitational Regatta April 17, a varsity four placed **second in the petite finals**, a race for boats placing 7th through 12th in the heat.
- The spring season will conclude with the Midwest Scholastic Rowing Championships May 8-9 outside Detroit.

MEN'S LAX

- The team has an in-league record of 3-0 and overall record of 6-1.
- **Important matchups** include an away game with Hawken May 11 and at home against University School May 13.
- "We're doing well for the first third of the season," said coach Craig Gallagher. "We're progressing to where we should be and we're being **led by good captains**."

They're not so tough after all

• Powder puff hockey squad 'wins' in off-handed competition

FROM HOCKEY PAGE 1

hard," Owen said. In fact, the team held an organized practice April 16 that prompted Owen to say, "People don't realize how funny this is going to be."

The powder puff games were last played in 1999 and 2000. Lack of organization caused the interruption. All participants of this year's game received a Shaker hockey shirt, donated by the class of 2005. The Shaker Hockey Association made donations to pay for ice time. The game raised more than \$800 in donations from entrance fees.

Shaker coach and Shaker alumnus Joe Simon, who officiated the contest, liked the idea of a powder puff hockey game.

"This is an excellent opportunity for fans that supported us to actually

see what the game is like," Simon said.

Junior powder puff player Michael McCormick agreed. "It's a good chance for people who always wanted to play hockey at night to get the feeling of what's like to play in front of peers," said McCormick.

Powder puff hockey differs significantly from traditional hockey. Only minimal contact is allowed and body checking is prohibited. Players were required to provide their own equipment, including helmets, shoulder pads, gloves, shin-guards and hockey sticks.

The powder puff players wore a colorful array of equipment, from lacrosse pads and hockey goalie helmets to nothing but a stick and skates. The hockey players were required to wield their sticks with their weaker hands.

Fans and hockey players alike were enthusiastic about playing in the game. "I think [the game] is fun and very school spirited," said junior Katie Kahn, who played with the powder puff team.

"It's a great way to raise money and should be fun to watch," sophomore varsity player Evan Story said. The game was not just for the fans to play a new sport, but it also al-

lowed for the players to play different positions.

"That was the first time I ever played goalie," junior Brett Strickland said. Strickland, who is normally a forward for the varsity team, enjoyed playing with his back to the net.

The game began with enthusiasm from both benches and from the spectators. Goalies were switched at the beginning of the period in order to level the playing field. The powder puff team was also allowed to have two extra players on the ice. Players from both teams humorously exchanged trash talk and fighting to simulate the ultimate hockey experience.

"It was a lot of fun just to play against the hockey team and goof around," junior Michaela McDermott said. "It was fun to play with friends."

Players were also reprimanded and penalized for fighting.

"I [was] trying to put on a show and make my community proud," said junior powder puff player Nick Simon, who mixed it up during a mock fight.

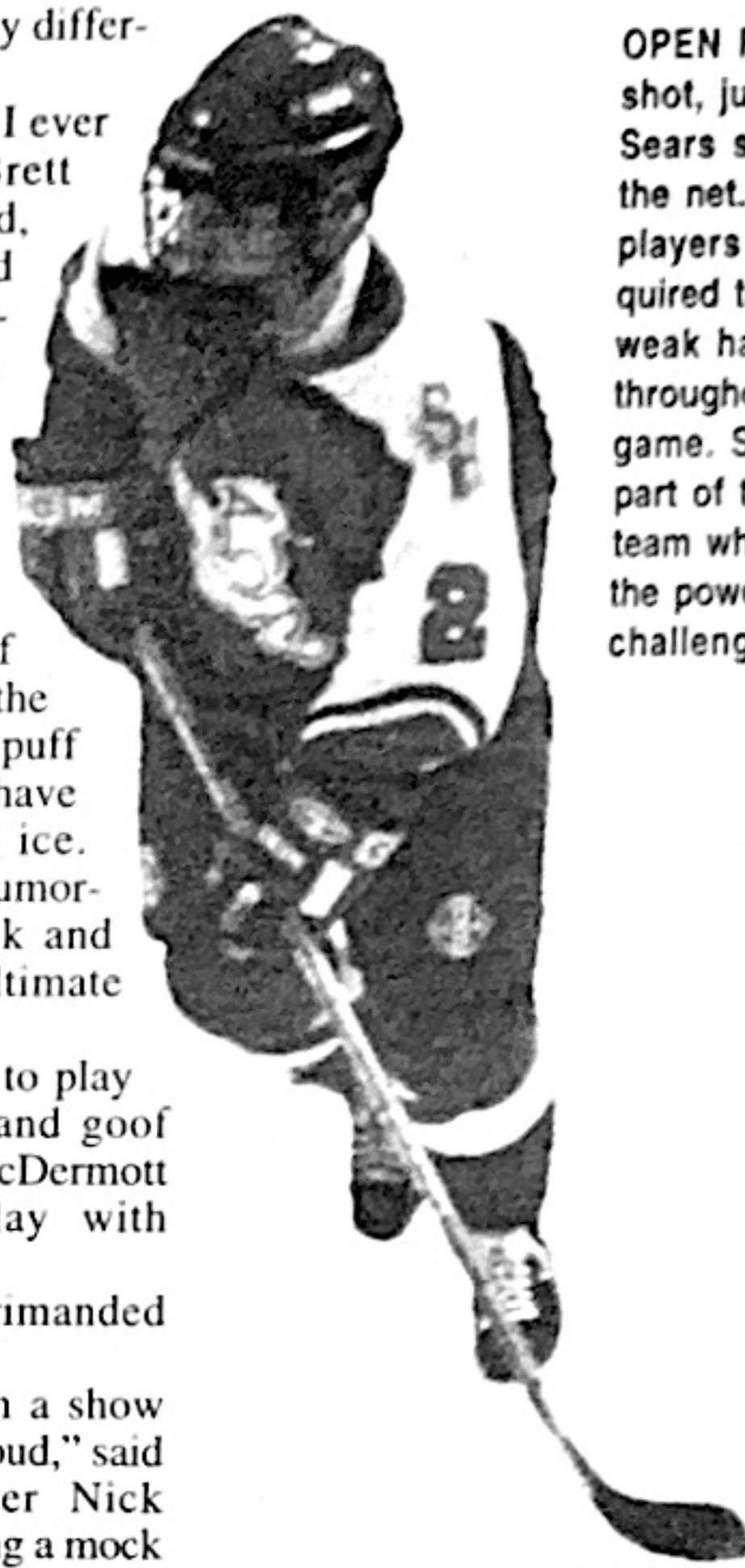
Due to time constraints, the game ended early, with 7:03 left in the second period. The powder puff team unofficially won, 7-6.

Junior Sarah Shenk, who played with the powder puff team, believes the game was a success.

"I thought it went well. Playing was really fun and a blast," Shenk said. "Now that more people have seen it, more people will want to play."

McDermott believes the exhibition shouldn't just be for hockey, but for other sports as well.

"I think if we did it for other sports, it would be very fun," McDermott said.



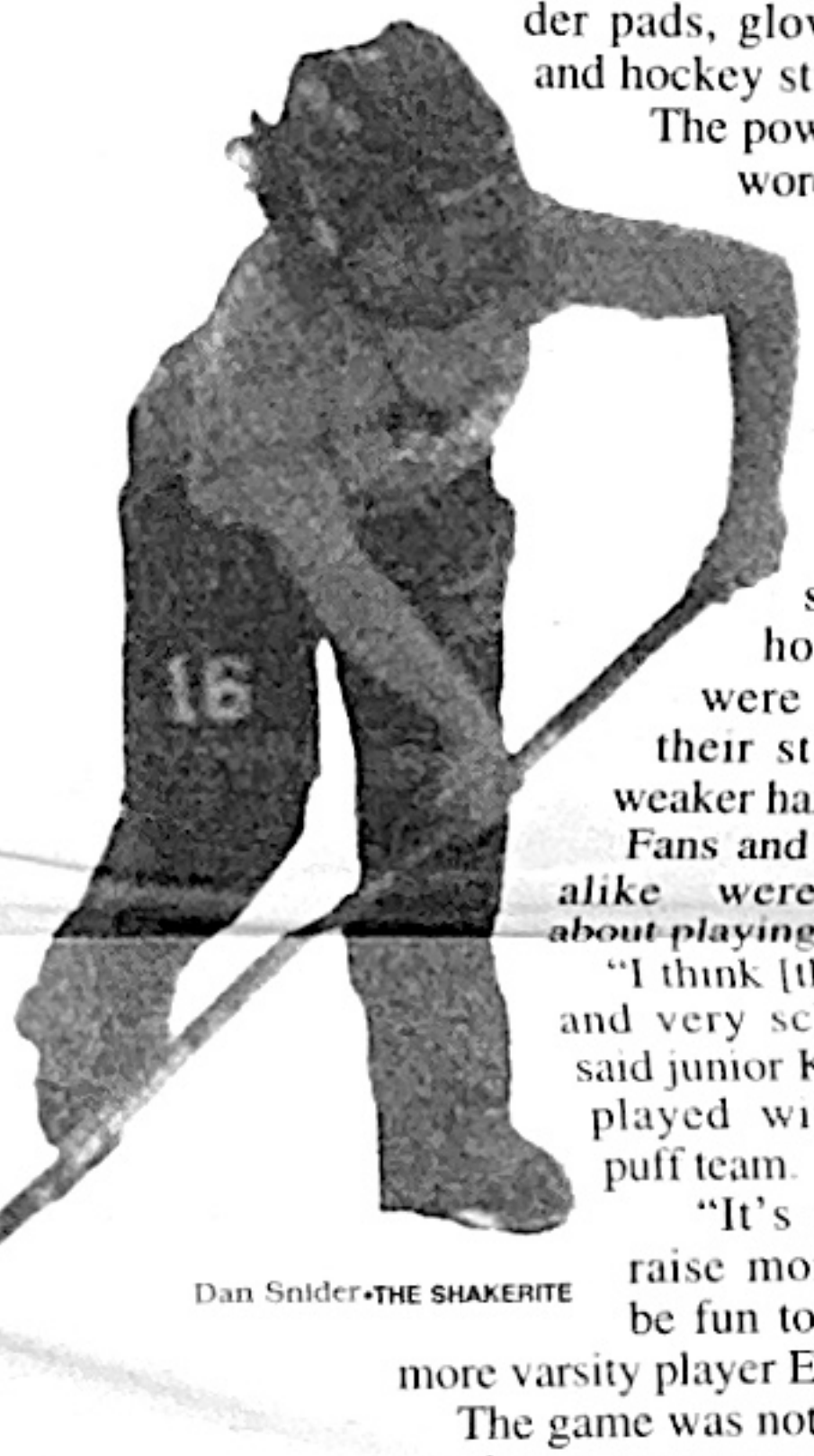
OPEN FOR A shot, junior Avery Sears skates near the net. All varsity players were required to use their weak hand throughout the game. Sears was part of the varsity team which lost to the powder puff challengers 7-6.

Dan Snider • THE SHAKERITE

POWDER PUFF RECAP

- Last game played: 2000
- Number of powder puff Players: 17
- Number of minutes played: 17
- Organizer of game: Kristen Owen
- Unofficial score: powder puffs 7, varsity 6
- Donations: More than \$800
- Number of parents willing to play: All of them
- Number of hockey T-shirts donated: 160

JUNIOR MICHAELA MCDERMOTT looks to pass during the powder puff hockey game April 17, which was last played in 2000. The 17 powder puff players wore a colorful variety of sports equipment.



Dan Snider • THE SHAKERITE

Shaker taking a second look at rec centers

• Thornton Park to get face-lift; other centers set high standards

BY LAUREN WEISS
COPY EDITOR

Last summer, Beachwood opened a new swimming pool that can rival many water parks, complete with five tall, curving water slides. In Shaker, however, all residents get is a pool with two diving boards.

Thornton Park director Pam Quinn said requests for expanded facilities at the recreation center are generally limited to inquiries about an indoor pool after the outdoor pool closes. However, Thornton is getting a face-lift to be completed May 14, including new entryways to the pool and community room and a new coat of paint in the lobby and locker rooms.

In addition, the city will host three public meetings over the summer to see what other facilities Shaker residents are interested in. They will be held at the Shaker Community Center

at 7 p.m. on May 18, July 13 and Sept. 21. The September date is subject to change.

"We need a more complete understanding of the public's needs and wants," Quinn said. "Our first concern will be with funding, where to build the new facilities, and what to build."

Improvements aren't cheap, and most city recreation centers rely on taxes to make up for deficits. In 1996, Shaker voters defeated a measure that would have increased the city's income tax 0.1 percent for 11.5 years to pay for improvements to Thornton Park.

An April 4 Plain Dealer article found that only Solon's recreation center made money. Solon facility manager Richard Parker said it is successful because it is new.

"We attract a wide cross-section of residents, from toddlers to se-

niors," he said. "We have a gymnasium, pool, rock-wall and a fitness center."

Currently, a season pool pass at Thornton costs \$105 for an individual, as opposed to Beachwood's \$35. A membership to the Solon facility costs \$200 for an adult, and a membership at the Jewish Community Center is \$513.

Because Thornton lacks a full recreation center, some students choose to use the Metroplex in Warrensville Heights, which features an ice rink, three soccer fields, a simulated golf area, two batting cages and a fitness center operated by Marymount Hospital. The Metroplex serves mainly athletic teams, including Shaker's indoor women's lacrosse team.

Mark Melvin, one of the facility's owners, estimates that six hockey teams, four lacrosse teams and 275

Teams come from all over," Melvin said. "Most of the teams are not from the city. However, we attract youth groups and private parties run by residents."

Sophomore Julia Shatten has played indoor lacrosse at

the Metroplex for three years. She appreciates the big fields but wishes there was a facility closer to home.

Shatten estimates that she visits Thornton two or three times a week, but only in the summer.

"Thornton doesn't have enough activities

... It's mostly middle-school students at the pool," she said. "I would want swimming and diving pools, big turf fields, basketball courts, tennis courts, a track and a weight room."

“ Thornton doesn't have enough activities ... It's mostly middle school students at the pool ”

Julia Shatten
sophomore

Do you think the city of Shaker Heights needs a sports complex / recreation center?

No • 19%

Yes • 81%

Scientific poll of 72 students with a margin of error +/- 12 percent. Shakerite staff members telephoned students.

Shaker Heights Teacher's Association

SHTA

Professionals Dedicated to Educating Shaker's Youth

the Sports Desk

Wonson coaches Capital Classic

Men's head basketball coach Robert Wonson moved a few seats down the bench April 17 when he served as an assistant coach for the "home team" at the 2004 Jordan Capital Classic All-Star game at the University of Maryland's Comcast Center. The game featured the best high school senior players in the nation, and the arena was peppered with dozens of NBA scouts. Stu Vetter of Rockville, Maryland's Montrose Christian School was the team's head coach. Wonson's squad lost the game 107-96 but won the scrimmage April 16, which Wonson said jinxed them. Wonson said his team relied on transition baskets during the scrimmage but couldn't score on the break during the game. He also credited game MVP Dwight Howard of Southwest Atlanta Christian.

It was Wonson's first coaching gig at the Capital Classic, but he has worked with top underclassmen for the Nike Hoop Jamboree for the last three years. He has also worked in the Ohio North-South Classic, Team Ohio-West Virginia series and the Nike All-American Camp. Wonson thinks he was chosen because he coached college basketball with George Raveling, who is now Nike's director of camps worldwide. "I think it's an honor for me personally but I also think it's an honor for all the players I have coached ... So I think those guys have had a hand in my being selected," Wonson said. Despite parental complaints about the all-stars' playing times, Wonson said the athletes were very positive.

- Meagan Steiner



A DREAM COME TRUE

A glimpse into dream analysis

Erica McClendon, grade 12

McClendon dreamed that she was at the mall with her friends, when suddenly a person began chasing her. She was chased through the entire mall and was scared, but still decided to stop at Steve Madden to buy a pair of pink and black heels.

Analysis: Being **chased** is a representation of your uncertainty in life or of being overwhelmed by school, friends or emotions. The **stores** and shops in the mall symbolize life's opportunities. Buying **new shoes** represents overconfidence, while the **black** in the shoes symbolizes difficulties to overcome and the **pink** predicts unusually great success. Overall, this dream may mean that although she might have some insecurities, by utilizing life's many opportunities she will have great success after overcoming challenges. The dream warns her not to get too confident, though.



Henry

Distad, grade 9

Distad dreamed that he was at his brother's graduation from Shaker and there was a giant crowd on the front lawn of the school. The graduation never occurred and he couldn't find his brother.

Analysis: Watching a **graduation** can represent a rise in social status. A **large crowd** symbolizes an opportunity for betterment or increased happiness. The **brother** represents an approaching family **fight**. This dream may represent an opportunity that Distad missed to make more friends and to be happier. Possibly his family got in the way by not driving him to a party or grounding him over the weekend.



Seth Davis, grade 11

Davis dreamed that he fell asleep and woke up in his basement to find his classmates surrounding him. Everyone's limbs were on a different person's body. All of a sudden, each person's body started falling apart and deteriorating. Davis remembers that he could hear himself talking but could not hear what everyone else was saying. His basement was clean and everyone was wearing Shaker colors.

Analysis: The **friends** in Davis' dream can represent parts of his personality that he may have rejected. The **red** represents life, the **black** represents the subconscious and the **white** represents purity. The **basement** symbolizes the hidden self. It is possible that this dream signifies Davis' feelings of a loss of innocence that resulted from a bad action. Because his friends are falling apart it is possible that peer pressure was involved in his wrongdoing and he now subconsciously feels that his self is deteriorating.



DREAM ON

Dreams usually occurring during the "rapid eye movement" phase of sleep, during which a person's eyes move under his eyelids. If a sleeper is awakened during the REM cycle, he usually vividly remember his dreams. The REM cycle occurs every 90 minutes and comprises 20 percent of sleep. Dreams last for 30-45 minutes and usually take place in the morning.

Freud believed that dreams are messages between different parts of your brain. Your impulsive side attempts to communicate an idea to you, but the moral side won't allow you to hear it. The result is a warped idea in the form of a dream.

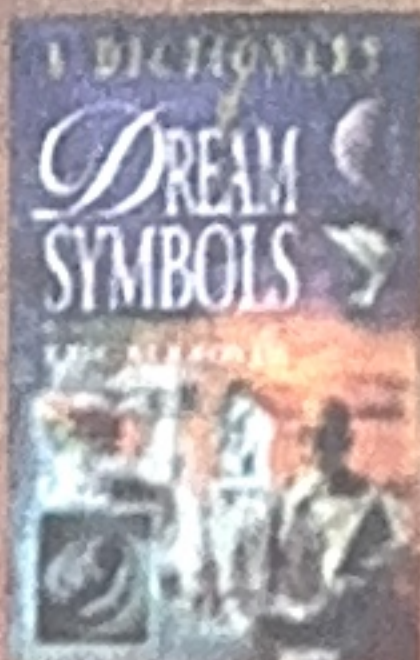
A person has four to five dreams every night but rarely remembers most of them. Experts suggest using a dream diary to record the details of your dreams. Immediately after waking, write down key elements that occurred in your dream because this is when the dream is most clear in your mind. The meaning behind details such as colors, feelings, people and places can be defined in a dream analysis dictionary. Every aspect of the dream is important for understanding its message. For example, if your dream involves a classroom, don't overlook the teacher's appearance, the desks, the chalkboard, the lighting, the smell, etc.

Take your turn at dream analysis with help from these resources

"The Hidden Meaning of Dreams" by Craig Hamilton-Parker (available at Joseph Beth Booksellers)



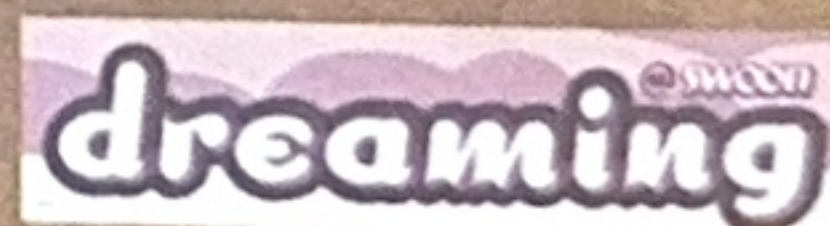
"A Dictionary Of Dream Symbols: With An Introduction To Dream Psychology" by Eric Ackroyd (available at Borders)



"The Complete Idiot's Guide to Interpreting Your Dreams" by Marci Pliskin and Shari L. Just (available at Amazon.com)



Swoon.com, a website created by CondéNet.



Sources: Swoon.com and The Hidden Meaning of Dreams.

By RENEE FRANTZ AND AVIVA ARIEL
Focus Editors